

COVID-19 Isolation and Quarantine Guidelines for the General Public

Isolation: what to do if you test positive for COVID-19

everyone, regardless of vaccination status:



Stay home for 5 days



After 5 days, if you have no symptoms, or your symptoms are resolving, you can leave your house (if you have a fever, continue to stay home until the fever resolves)



Continue to wear a mask around others for 5 additional days, days 6-10 (including around other people in your household)

Isolation begins based on symptom onset date, or date of first positive test

Quarantine: what to do if you are a close contact to a COVID-19 case

Status	Quarantine Recommendation
<ul style="list-style-type: none">Up to date with <u>COVID-19 vaccine recommendations</u>Had COVID-19 within the past 90 days, diagnosed with a positive test	<ul style="list-style-type: none">Wear a mask around others for 10 daysTest on day 5, if possible<u>If you develop symptoms, get a test and stay home</u>
<ul style="list-style-type: none">Not up to date on <u>COVID-19 vaccination recommendations</u>Not vaccinated	<ul style="list-style-type: none">Stay home for 5 days. After that continue to wear a mask around others for 5 additional days (days 6-10).If you can't quarantine you <u>must</u> wear a mask for 10 daysTest on day 5, if possible<u>If you develop symptoms, get a test and stay home</u>

Please note that this CDC guidance should be considered in conjunction with the requirements of Montana House Bill 702, as any application of the guidance or recommendations must comply with state law.